SOME OBSERVATIONS

Made upon the

Bermudas Berries:

Imported from

The INDIES:

SHEWING

Their Admirable VIRTUES

In CURING

The Green-Sickness.

Written by a Doctor of Physick in the Countrey

To the

Honourable Esq; *BOYLE.*

LONDON,

Printed in the Year 1694.

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In a LETTER, &c.

SIR,

I Received yours with Intimations of your kind Acceptance of the last Specifick that I communicated to you, and with an Invitation to proceed in so usefull an undertaking: And I do assure you, that seeing your self and some great Physicians in *London*, are so

well pleaſed with what I have done in this Kind, I am reſolved to go on, and tell you what Experiments I have made in the uſe of Simple Medicines. I remember Sir *William Temple* tells us, that the Legiſlators amongſt the *Indians* made a ſevere Law againſt the uſe of Compound Medicines. I my ſelf have known ſuch great Cures wrought by Simple Medicines, that I am under a great temptation to deſpiſe Compoſitions, except in complicated Diſtempers.

For my part I firmly believe, that (univerſal Evacuations being premiſed) the greateſt Cures wrought in the World, are by the uſe of Specifical Medicines, and yet I have this fifty years been an exact Obſerver of the *Methodus Medendi*.

I never yet found a better Medicine againſt the *Green Sickneſs* than the *Bermudas* Berries, taken familiarly in any Liquor; but I find the Tincture of it made with White-wine, and alſo the Spirits and Extract of the ſame, more efficacious than any other Form.

They

They wonderfully open the Obſtructions of the Liver and Spleen, mend an ill habit of Body, cures the Green Sickneſs, by refining the Maſs of Blood, and reſtoring the Ferments to the Parts; it helps digeſtion, and removes a depraved Appetite, deſiring hurtfull things; it clears the Cloudineſs of the Skin, and mends the Complexion, and unloads an oppreſſed Stomack of thoſe indigeſted humours which corrupt good Nouriſhment, and cauſe ſhortneſs of Breath and Stoppages.

A Gentlewoman about Twenty Eight years of Age, who was troubled with Obſtructions, and her Complexion extreamly alter'd, her Lips and Cheeks turned as white as a Cloth, her Eyes and Face bloated, her Legs ſwelled, and the Regular Courſe of Nature ſtopped; after ſhe had taken great quantities of Powder of Steel to no purpoſe, ſhe took the Tincture, Spirit and Extract drawn out of theſe Berryes, Morning, Noon and Night, and her Stomack mended, her Colour return'd like a Roſe in *June*, and ſhe could with

with pleasure run up four pair of Stairs at a time: She took the Tincture in Beer, the Spirit in White-wine, and the Extract in Penyroyal Water.

We have in our Countrey a large Boarding-School of young Gentlewomen, and I have known half a score of them at a time afflicted with this uncomfortable Distemper, which made them uneasie to themselves, and unpleasant to their Relations; and in one Course of the Moon, by the use of the Medicines drawn out of these Berries, they were recover'd to a Miracle, and grew chearfull and healthfull: But all Remedies in this Distemper are most efficacious when used with Exercise.

I knew one Gentlewoman, whose case was by most Physicians thought to be past Recovery, being brought by this Distemper to the brink of the Grave; her Flesh was wasted, her Legs swelled, her Stomack lost, and her Legs so weak, not able to support her body; yet in the use of these Berries she revived,

vived, and lived to be a hale woman, and had many Children.

And now becauſe I know your Philoſophical Inclination, I'll tell you a remarkable Obſervation lately made by me upon a young Virgin, who dyed of this Diſeaſe, ſhe was extreamly far gone into the Green Sickneſs, loſt her Strength and Spirits, had taken great quantities of Powder of Steel, been blooded in the Foot twice, and at length dying; upon Diſſection we found a Mortification in her Stomack and Bowels, cauſed by a ſharp corroding Humour, which cauſed very acute Pains in her Body: Had I been called to her, I ſhould certainly have applyed theſe Remedies, and I have great reaſon to believe they might have proved ſerviceable: if you think fit to recommend the uſe of them unto any of your Acquaintance, I don't doubt but they may be procured at *London*.

FINIS.